

Missouri WIC Mom and Baby Food Packages

Feeding Choice		Birth thru 1 month	1 thru 3 months	4 thru 5 months	6 thru 11 months
Fully Breastfeeding 	Each month baby gets:	Mom's Milk - The only thing baby needs!			
	Each month mom gets:	5 gallons of milk - Skim thru 2% 1 can of evaporated milk 2 lb. of cheese 2 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter 30 oz canned fish \$10 fruit and veggie check	5 gallons of milk - Skim thru 2% 1 can of evaporated milk 2 lb. of cheese 2 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter 30 oz canned fish \$10 fruit and veggie checks	5 gallons of milk - Skim thru 2% 1 can of evaporated milk 2 lb. of cheese 2 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter 30 oz canned fish \$10 fruit and veggie check	5 gallons of milk - Skim thru 2% 1 can of evaporated milk 2 lb. of cheese 2 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter 30 oz canned fish \$10 fruit and veggie check
Partially Breastfeeding 	Each month baby gets:	Breast milk only to build mom's supply.	Breast milk and Up to 4 cans of powdered formula ² (up to 13 oz formula per day)	Breast milk and Up to 5 cans of powdered formula ² (up to 15 oz formula per day)	Breast milk and Up to 4 cans of powdered formula ² (up to 13 oz formula per day) 24 oz of infant cereal 32 jars of infant fruits and veggies
	Each month mom gets:	Fully breastfeeding is recommended the first month to build mom's milk supply. Mom receives Fully Breastfeeding foods.	4.5 gallons of milk - Skim thru 2% 1 can of evaporated milk 1 lb. of cheese 1 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter \$8 fruit and veggie check	4.5 gallons of milk - Skim thru 2% 1 can of evaporated milk 1 lb. of cheese 1 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter \$8 fruit and veggie check	4.5 gallons of milk - Skim thru 2% 1 can of evaporated milk 1 lb. of cheese 1 dozen eggs 3 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. whole wheat bread or tortilla 1 lb. of dry beans OR 4 -16 oz cans of beans ¹ 18 oz peanut butter \$8 fruit and veggie check
Non-Breastfeeding 	Each month baby gets:	Up to 9 cans of powdered formula ² (26-27 oz formula per day)	Up to 9 cans of powdered formula ² (26-27 oz formula per day)	Up to 10 cans of powdered formula ² (29-30 oz formula per day)	Up to 7 cans of powdered formula ² 24 oz of infant cereal 32 jars of infant fruits and veggies (20-21 oz formula per day)
	Each month mom gets:	3 gallons of milk - Skim thru 2% 1 can of evaporated milk 1 lb. of cheese 1 dozen eggs 2 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. of dry beans OR 4 -16 oz cans of beans ³ \$8 fruit and veggie check	3 gallons of milk - Skim thru 2% 1 can of evaporated milk 1 lb. of cheese 1 dozen eggs 2 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. of dry beans OR 4 -16 oz cans of beans ³ \$8 fruit and veggie check	3 gallons of milk - Skim thru 2% 1 can of evaporated milk 1 lb. of cheese 1 dozen eggs 2 - 46 oz/12 oz juice (canned or frozen) 36 oz of cereal 1 lb. of dry beans OR 4 -16 oz cans of beans ³ \$8 fruit and veggie check	Mom is no longer eligible for benefits.

¹Kidney, pinto, garbanzo or red beans.

²Standard 12.9 oz can of formula.

³18 oz of peanut butter is also an option instead of dry or canned beans for non-breastfeeding women.



Why does Missouri WIC support no formula the first month?

Breast milk is all your baby needs for the first 6 months of life. The first month is when you and your baby are learning to breastfeed and your milk supply is being established. Providing formula can decrease your milk supply and lead to early weaning. WIC wants all women to be successful with continued breastfeeding. Remember, breastfeeding is based on supply and demand. The more you nurse, the more breast milk you will produce.

Breastfeeding Benefits for Baby

Breast milk:

- Contains all the nutrients that your infant needs for the first 6 months of life.
- Changes to meet changing needs.
- Protects against illnesses such as ear and respiratory infections.
- Reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Reduces the risk of allergies, asthma, diabetes and certain childhood cancers.
- Is easy to digest, so breastfed babies have less gas, colic, spitting up, diarrhea and constipation.
- Supports optimal brain development- breastfed babies are smarter.

Breastfeeding Benefits for Mom

Breastfeeding:

- Needs no preparation.
- Is always readily available.
- Saves money.
- Helps you lose the weight gained during pregnancy.
- Helps your uterus return to normal size and reduces bleeding after birth.
- May reduce your risk of osteoporosis, breast cancer and ovarian cancer.
- Creates a special bond between you and your baby.

Tips for Successful Breastfeeding

- Try to nurse your baby in the delivery room as early as possible.
- Keep your baby skin-to-skin as much as possible.
- Early and frequent breastfeeding will help establish your milk supply to satisfy your baby's needs.
- Feed your newborn on demand, 8 to 12 times a day.
- Avoid bottles and pacifiers until you and your baby have learned to breastfeed.
- Avoid water and formula supplements. Breast milk is all your baby needs.
- Breastfeeding should not be painful. If you are experiencing pain, then get help.
- Relax and enjoy your baby!

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